

# EXERCISES CONTAINING SINGLE, DOUBLE AND TRIPLE PARADIDDLE INWARD PARADIDDLE AND REVERSE PARADIDDLE

Ex1 SINGLE PARADIDDLE DOUBLE PARADIDDLE

R L R R L R L L R L R R L R L L R L R L R R L R L R L L R L R L

Ex2 R L R R L R L L R L R R L R L L R L R L R R L R L R L L R L R L

R L R L R L R R L R L R L R L L R L R L R L R R L R L R L L

## TRIPLE PARADIDDLE

Ex3 R L L R L R R L R L L R L R R L R L R R L R L L R L R R L R L L

Ex4 R L L R L R R L R L L R L R R L R L R L R R L R L R L L R L R L

## REVERSE PARADIDDLE

Ex5 R R L R L L R L R R R L R L L R L R L R L R R L R L L R L L